

## **Syllabus for ADCT-18-E7611/ K7612**

### **Co-Occurring Disorders: Addiction and Mental Health**

#### **Course Information**

Semester & Year: SPRING 2025

Course ID & Section #: ADCT-18-E7611/K7612

Instructor's name: Suzy Bibona

Day/Time of required meetings: Tuesdays, Thursdays 2:50-4:15

Location: LRC 105/ TELEPRESENCE

Course units: 3

Prerequisite/Co-requisite: ADCT-10 Introduction to Addiction Studies

#### **Instructor Contact Information**

Online: Canvas message

Office hours: By arrangement before class

Email address: [suzy-bibona@redwoods.edu](mailto:suzy-bibona@redwoods.edu)

#### **Student Learning Outcomes (*from course outline of record*)**

1. Describe the different mental health diagnoses and analyze the interaction between various disorders and substance use.
2. Describe and analyze effective trauma-informed co-occurring treatment approaches.
3. Identify co-occurring disorders and develop and synthesize appropriate treatment plans incorporating the identified addiction.

#### **Course Objectives:**

1. Know and understand the definitions and differences between mood disorders, thought disorders, personality disorders, and anxiety disorders.
2. Know and understand the impact of the interactions between addictions and mental health disorders.
3. Demonstrate the clinical applications of treating people with co-occurring disorders.

#### **Required Texts:**

1. *Uppers, Downers, All Arounders*, Darryl Inaba; CNS Productions, 8th Edition, 2014.
2. *Co-Occurring Disorders: A Whole Person Approach to the Assessment and Treatment of Substance Use and Mental Disorders (2nd Edition)*, Charles Atkins, MD; 2021, PESI Publishing; ISBN 9781683733829
3. *The Body Keeps the Score*, Bessel Van Der Kolk, MD; Penguin Books, 2014; ISBN 978-0-14-312774-1
4. TIP 42 "Substance Abuse Treatment For Persons With Co-Occurring Disorders"; [samhsa.gov](http://samhsa.gov)

# Evaluation & Grading Policy

Item: % of course grade (# of points/ 1000 total)

## Participation: 50% (500 pts.)

Partial credit is given for partial attendance/ participation. For example, attending half a class, sleeping half the class, or texting during class, equals half credit for participation that day.

This class is very interactive and highly participatory. Our time together mostly consists of discussion, group activities, small projects or assignments.

### Participation consists of:

- 1) showing up for class on time.
- 2) reading appropriate chapters and doing homework as assigned.
- 3) being prepared for class discussion and activities.
- 4) contributing constructively to class and Canvas discussions and activities.
- 5) bringing your textbook to class.
- 6) You are responsible for any content and materials you missed due to absence.

## First Paper: 20% Paper and Presentation (200 pts.)

3-4 page research paper and presentation.

Instructions will be distributed in class and posted on Canvas.

## Second Paper: 20% Paper and Presentation (200 pts.)

3-4 page research paper and presentation on a chapter of *The Body Keeps The Score*.

Instructions will be distributed in class and posted on Canvas.

## Final Exam: 10% (100 pts.): 50 Multiple Choice Questions

### Grades:

A= 91-100%; A- =90%

B= 81-89%; B- = 80%

C= 70-79%

D= 60-69%

F= 0-59%

## Class Schedule

WEEK#) DATES:	TOPIC
1) Jan. 21, 23	Introduction to Co-Occurring Disorders, Expectations
2) Jan. 28, 30	Key Concepts and Patterns of Dual Diagnosis
3) Feb. 4, 6	Mental Health and Substance Abuse Treatment Ideologies
4) Feb. 11, 13	High-risk behaviors and Dual Diagnosis
5) Feb. 18, 20	Anxiety Disorders, Papers and Presentations
6) Feb. 25, 27	Mood Disorders, Papers and Presentations
7) Mar. 4, 6	Thought Disorders, Papers and Presentations
8) Mar. 11, 13	Personality and Other Disorders, Papers and Presentations
9) Mar. 18, 20	SPRING BREAK, NO CLASSES
10) Mar. 25, 27	Substance-Induced Disorders
11) April 1, 3	Substance-Induced Disorders, Papers and Presentations
12) April 8, 10	Key Therapies and Recovery, Papers and Presentations
13) April 15, 17	Comprehensive Assessment, Papers and Presentations
14) April 22, 24	Treatment and Recovery Plans, Papers and Presentations
15) Apr. 29, May 1	Treatment and Recovery Plans
16) May 6, 8	Review for Final Exam
17) May 13	Final Exam, regular class time and place

This syllabus is intended as a guide, and any item may be changed by the instructor. I will tell you verbally in class, if possible, and send out a Canvas Announcement to notify you of any changes. ***Please check Canvas and your CR email for updates and changes each week.***

## Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or [Disability Services and Programs for Students \(DSPS\)](#). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1<sup>st</sup> floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

## Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

## Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct ([AP 5500](#)) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the [College Catalog](#) and on the [College of the Redwoods website](#).

## Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

## Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact [Admissions & Records](#) to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. This does not change your legal name in our records. See the [Student Information Update form](#).

## Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.

Log into Canvas at <https://redwoods.instructure.com>

Password is your 8 digit birth date

For tech help, email [its@redwoods.edu](mailto:its@redwoods.edu) or call 707-476-4160

Canvas Help for students: <https://webapps.redwoods.edu/tutorial/>

Canvas online orientation workshop: [Canvas Student Orientation Course \(instructure.com\)](#)

## Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges [Health & Wellness website](#).

[Wellness Central](#) is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email [counseling@redwoods.edu](mailto:counseling@redwoods.edu).

## Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor <https://webadvisor.redwoods.edu> and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or [security@redwoods.edu](mailto:security@redwoods.edu) if you have any questions. For more information see the [Redwoods Public Safety Page](#).

In an emergency that requires an evacuation of the building anywhere in the District:

- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

## Eureka Campus Emergency Procedures

Please review the [campus emergency map](#) for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the [Redwoods Public Safety Page](#). It is the responsibility of College of the Redwoods to protect life and property from the effects of emergencies within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

## Student Support Services

The following online resources are available to support your success as a student:

- [CR-Online](#) (Comprehensive information for online students)
- [Library Articles & Databases](#)
- [Canvas help and tutorials](#)
- [Online Student Handbook](#)

[Counseling](#) offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- [Academic Support Center](#) for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- [Library Services](#) to promote information literacy and provide organized information resources.
- [Multicultural & Diversity Center](#)

Special programs are also available for eligible students include

- [Extended Opportunity Programs & Services \(EOPS\)](#) provides services to eligible income disadvantaged students including: textbook award, career academic and personal counseling, school supplies, transportation assistance, tutoring, laptop, calculator and textbook loans, priority registration, graduation cap and gown, workshops, and more!
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in [Eureka](#) or in [Del Norte](#)
- The [Veteran's Resource Center](#) supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821